

Example Evening Routine

1. Put all technology away for the evening
2. Take a shower or wash your face
3. Brush or floss your teeth
4. Move your body
5. Appreciate the moments of your day that you choose to
6. Get into bed
7. Bask in the comfort of your bed, blankets, sheets, pillows, etc...
8. Set an intention on how you want to feel during your slumber
9. Close your eyes and drift off to sleep!